

January-April 2016



Knoxville Arts & Fine Crafts Center

Phone 865-523-1401

Fax 865-523-1615

Madeline Rogero, Mayor
Joe Walsh, Director
Knoxville Parks and Recreation

Wow! There are certainly a lot of changes here at the Craft Center! Our former director Cathy Maples is enjoying the retired life, and here at the Craft Center we are ringing in a brand new year with some wonderful things in store.

One of the most exciting changes you will notice is a new registration and payment system for our classes. We have been working on implementing this new system for a while, and are now pleased to announce that online registration is live! Our full list of classes can be accessed from www.knoxvilletn.gov/KAFCC. You can now choose any class and

follow the link to register from the comfort of your home. Don't hesitate to contact us with any questions you might have; we are here to walk you through every step of this exciting transition.

You will find many favorite and familiar classes taught by beloved instructors in this quarter's schedule, but you will also find many, many new and exciting offerings!

We are so pleased to welcome Judy Brater, Anne Freels, Jessica Gregory, Jennie Harriman, and Cynthia Tipton to our roster of teachers. These instructors are

incredibly talented artists in mediums ranging from corn shuck dolls to felting!

With the dawn of a new year I hope you will take this opportunity to delve deeper into art forms you may already know and love, but also to take a leap and explore something brand new! You never know what new passion might be around the corner just waiting for you to discover!

Hope to see you,

Elise

Winter/Spring 2016

Monday 9:00-8:00

Tuesday 9:00-8:00

Wednesday 9:00-4:00

Thursday 9:00-8:00

Friday 9:00-4:00

Saturday 10:00-1:00

Call to confirm Friday hours, due to staff meetings and outreach programming.

865-523-1401

STAFF & INSTRUCTORS

Elise Murphy, Director
Cara Valentine, Office Manager
Melody Allen, Slip Casting, Leatherworking
Susan Arbutal, Alcohol Ink, Mosaics & Glass
Diann Bishop, Underpainting, Color Theory
Judy Brater, Pottery
Betty Fortenberry, Acrylics & Oils
Anne Freels, Soapmaking, Corn Shuck Dolls
Jessica Gregory, Paper Mache
Anna Gundlach, Clay Sculpture
Jennie Harriman, Youth Art & Woodwork
Susie Holt, Watercolor & Drawing
Sandy Larson, Dance & Yoga
Jackie Mirzadeh, Pottery
Nancy Roberson, Fiber Art & Basketry
Michael Robison, Pottery
Cynthia Tipton, Felting

TO REGISTER

Registration may be made online at www.knoxvilletn.gov/KAFCC, by phone at **523-1401** or in person at the center. Payments are due at the time of registration a minimum of one week before the start date of class. Early registration is the best way to ensure your spot in a class!

Please note that no student's space will be held without full payment.

Cash, checks and credit and debit cards are accepted.

Due to the popularity of the classes, we cannot prorate sessions. If you miss a class you will not be compensated.

VISIT US ONLINE

www.knoxvilletn.gov/kafcc

CANCELLATIONS & REFUNDS

We reserve the right to cancel any class with insufficient enrollment. Fees are 100% refundable if the class is canceled by the Knoxville Arts and Fine Crafts Center, or if a student drops a course five business days prior to the class beginning. No refunds are given after that time. A credit may be issued at the Craft Center's discretion.

EXHIBITS

JANUARY-FEBRUARY

Karen Wilkinson

Photography

MARCH-MAY

Susan Arbutal &

Matthew Rooney

Glass Mosaics & Acrylic Painting



PRESCHOOL CLASSES

Ages 3-5, Pre-Ballet (4 sessions to choose from)

Tuesdays, January 5—February 23

Tuesdays, March 1—April 19

4:45-5:30 p.m., \$96.00 each session

Saturdays, January 9—February 27

Saturdays, March 5—April 30 (no class March 26)

10:15-11:00 a.m., \$96.00 each session

Instructor: *Sandy Larson*

Children will experience the joy of dance through listening to both fun, playful and classical music. They will learn ballet terms while being guided and encouraged by preschool dance specialist, Sandy Larson. Sandy has over thirty years of teaching experience. Class recitals are always a popular way to end each session, and various performance opportunities are available throughout the year. If your child is mature, they are welcome to attend the early class or Saturday morning class.

Ages 4-5 w/Parent, Frosty and Friends

Friday, January 29

10:00-11:15 a.m., \$18.00

Instructor: *Elise Murphy*

In this class preschoolers will be inspired by the beauty of winter while creating an art project in clay. First, students will use brown speckled stoneware and a pattern to trace a snowman image onto the clay. Next, they will decorate it with a sweet scarf, carrot nose, buttons and top hat all made from clay. These unique ceramic sculptures will be a happy reminder of a special cold, winter day spent with mom or dad. Finished pieces will be fired and ready for pick-up in 7-10 days.

Ages 3-5 Intro to Art: Painting Without Brushes

Mondays, January 25—February 22

(No Class February 15)

11:00 a.m.—12:00 noon, \$65.00

Instructor: *Jennie Harriman*

Come discover ways to experiment with paint using items found around the house. We will have fun "painting without brushes" on paper, then use these painted papers to make collages inspired by Eric Carle and other collage artists. Wear old clothes as we will have a fun but messy time together! Jennie is an award-winning artist, photographer, educator, and author with years of experience and Masters degrees in Early Childhood Education and Fine Art.

Ages 3-5 Intro to Art: Little House Arts & Crafts

Mondays, February 29—March 28

(No Class March 14)

11:00 a.m. —12:00 noon, \$65.00

Instructor: *Jennie Harriman*

Join us in a brand new art series for little ones where we will make projects based on the classic, beloved Little House book series by Laura Ingalls Wilder.

Jennie will read one of the Little House picture books each week to integrate literature into the class and inspire creativity. Children will learn about Laura and pioneer life, and create works of art using traditional and non-traditional materials!

Ages 3-5, Intro to Art: The Art of Ancient Egypt

Mondays, April 4—25

11:00 a.m.—12:00 noon, \$65.00

Instructor: *Jennie Harriman*

Come explore the art of this fascinating time and place with Jennie, who spent almost ten days exploring Cairo and Giza in 2015. Activities and projects will be inspired by the pyramids, King Tut, hieroglyphics, camels, and amulets. Children will experiment with drawing, painting, mixed media & more!

YOUTH

Ages 6-9, Ballet (4 sessions to choose from)

Tuesdays, January 5—February 23

Tuesdays, March 1—April 19

4:00-4:45 p.m., each session \$96.00

Saturdays, January 9—February 27

Saturdays, March 5—April 30 (no class March 26)

11:15 a.m.—12:00 noon, Each session \$96.00

Instructor: *Sandy Larson*

Professional dancer, teacher and choreographer Sandy Larson will encourage your child into the beauty and grace of ballet and the creative spirit of dance. Sandy uses fun and techniques of nurturing discipline to give students a solid dance foundation to build upon. Parents: class recitals follow each of the sessions, as well as several performance opportunities throughout the year.

Ages 9-14 Leather Tooling

Wednesday, February 3

Wednesday, March 30

4:15-5:15 p.m., \$18.00

Instructor: *Melody Allen*

In this one hour workshop, children will decorate leather with stamps and learn supervised dyeing techniques. Children will be taught about the traditional processes of preparing leather and the many functional and artistic uses it has had throughout time. Bracelets are snap fastened, and will be custom sized to your child's wrist during the class.

Ages 7-13, Mixed Media Knox Co. In-Service Day

Monday, February 15, 9:00 a.m.—4:00 p.m. \$50.00

Tuesday, March 1, 9:00 a.m.—4:00 p.m. \$50.00

Instructor: *Jennie Harriman*

In this mixed media class, students will paint, draw, sculpt, collage and more. Unwind, create and have lots of fun in the class designed to unleash the artist in you! Students will also get a chance to participate in fun outdoor games, so pack a lunch and wear sneakers and play clothes. Jennie is an award-

winning artist and author with years of experience!

Hammer, Saw, Drill: Woodworking with Children

Monday, February 29-March 28 (No Class March 14)
3:45-4:45 p.m., \$75.00

Instructor: *Jennie Harriman*

Are your children interested in learning how to safely use real, child-sized hand tools to build their own projects? This hands-on class for ages 6-10 provides opportunities for children to learn skills related to math (measuring, geometry), science (physics, botany), and art (drawing, painting, sculpting), as well as creative problem solving. Jennie teaches the basic skills of measuring, marking, cutting, and joining, by showing children how to use hand tools safely and effectively. Woodworking is a fun, fulfilling, and educational activity that builds confidence and fosters respect, responsibility, and trust. With woodworking, children learn the life skill of building items that are practical, functional and creative!

Ages 9-14 Drawing and Pastels

Tuesdays, February 16—March 8 (4 weeks)

4:15-5:30 p.m., \$65.00

Instructor: *Elise Murphy*

In this drawing class, students will focus on mark making by using line. With pencil and charcoal, students will learn and practice thumbnail sketches, contour drawing, value scales, and proportion. Later in the session we will explore color and texture using oil, soft and chalk pastels. Students will have the opportunity to draw from direct observation and imagination, and warm up their creative muscles to music. All materials provided.

Ages 12+ and Adults, Cornshuck Dolls

Saturday, January 23

Saturday, February 13

Saturday, March 19

1:00-4:00 p.m., \$55.00

Instructor: *Anne Freels*

Learn how to transform natural and dyed corn shucks into personalized doll works of art! This class will teach you how to make a corn shuck doll that can be embellished to reflect your personalized style. You will learn the processes of dampening, rolling and tying the corn shucks into figures. At the end of class you will have a completed doll to enhance your own living or work space or to give as a gift! All materials are provided, but you are welcome to bring special miniature items (ribbons, jewelry, acorns, etc.) to help personalize your finished product. Some hand strength and dexterity is recommended.



ADULT CLASSES

Beginner & Intermediate Wheel-throwing

Thursdays, January 14—February 25 (7 weeks)

Thursdays, March 3—April 21 (7 weeks, no class 3/17)

5:30-8:00 p.m., \$215.00

Instructor: *Elise Murphy*

This class is designed for both the beginner and students with previous experience on the potter's wheel. Students will learn proper technique for being able to throw pots successfully. A variety of functional items such as bowls, cups, mugs, will be taught in this class, including great tips on glazing techniques. Class fee includes 25 lbs. (one bag) of clay, use of tools, glazes, firing and independent studio time. Extra clay may be purchased for \$40.00/ bag (including firing fees and glazing; 3 bag maximum per session.)

Intermediate & Advanced Pottery: Non-Round Pots

Mondays, January 4—Feb. 29 (8 weeks, no class 1/18)
5:30—8:00 p.m. \$230.00

Thursdays, January 7—February 25 (8 weeks)

10:00 a.m. —12:30 p.m., \$230.00

Instructor: *Michael Robison*

Think outside the circle in this unique, 8 week wheel-throwing class for intermediate and advanced potters. Michael Robison will be your guide to explore the many ways to alter thrown pieces and push the limits of creativity and expression using form. Faceting, paddling, cutting, piecing and more will be shown and personal projects are encouraged. Class fee includes 25 lbs. (one bag) of clay, use of tools, glazes, firing and independent studio time. Extra clay may be purchased for \$40.00/ bag (including firing fees and glazing; 3 bag maximum per session.)

Energetic Thrown and Altered Forms

Wednesday, January 13 – February 17 (6 weeks)

10:00 a.m.—12:30 p.m. \$200.00

Instructor: *Judy Brater*

Join Judy in this class to stretch your creativity in new ways! Perfect for intermediate and advanced potters, we will begin with basic wheel-formed pots, then explore ways to alter them and add sculptural parts for whimsical, natural touches or to completely re-imagine your work. Judy will demonstrate unique brushwork techniques and ways to use glazes to add the perfect finishing touch.

Handbuilding with Slabs

Wednesdays, January 20 & 27

5:30—8:00 p.m., \$55.00

Instructor: *Melody Allen*

This 2-week workshop is great for those looking to bolster their handbuilding craftsmanship. We will be focusing on attachment points, maintaining uniform surfaces, and professional finishes as we build a variety of objects. Whether you're new to clay or a seasoned veteran, come learn methods of working that will take

your pieces to the next level! Pieces will be decorated with underglazes and fired to Cone 6.

Beginner Pottery

Tuesdays, February 23-March 29 (6 weeks)

9:30 a.m. —12:00 noon, \$200.00

Instructor: *Cathy Maples*

Create unique and beautiful pottery pieces by hand building, wheel-throwing, or by using a combination of both techniques. The instructor will guide you through a variety of methods to build, decorate, and glaze your ceramic projects. A virtual smorgasbord of ceramic techniques will be covered! Designed for beginner levels, this class is a great introduction to ceramic fundamentals. By the end of the term, complete several projects and gain a better understanding and appreciation of the ceramic medium

Skill Building on the Potters Wheel

Wednesdays, March 2—April 6 (6 weeks)

10:00 a.m. —12:30, \$200.00

Instructor: *Jackie Mirzadeh*

We are pleased to welcome back long-time teaching artist Jackie Mirzadeh! In this 6-week class, the emphasis will be on making pieces to help intermediate wheel-throwers improve their skills. We will make a series of bud vases, multiples, (for example, 4 matching mugs), graduated vases and nesting pieces, with the dual goals of creating better pieces and improving throwing skills. In addition we will discuss techniques for decorating/ glazing for successful end products.

Intermediate & Adv. Pottery: Surface Design

Mondays, March 7—April 25 (8 weeks)

5:30—8:00 p.m. \$230.00

Thursdays, March 3—April 28

(8 weeks, no class March 17)

10:00 a.m.—12:30 p.m., \$230.00

Instructor: *Michael Robison*

Designed for the intermediate or advanced student who wishes to explore surface decoration on wheel-thrown forms. Decorative techniques on wet clay will include chattering, slip trailing, intricate carving and glaze techniques.

Class fee includes 25 lbs. (one bag) of clay, use of tools, glazes, firing and independent studio time. Extra clay may be purchased for \$40.00/ bag (including firing fees and glazing; 3 bag maximum per session.)



Up-Cycled Painted Furniture (2 day workshop)

Friday, March 4, 5:15-7:30 p.m. and

Saturday, March 5, 8:30-9:45 a.m., \$90.00

Instructor: *Cathy Maples*

We love taking rejected, broken objects and furniture and turning them into beautiful, functional pieces to enjoy. Join Cathy in a two day workshop where you will transform an orphan piece of furniture into an eye-catching accent piece for your home. The class includes everything you'll need except a small piece of wooden furniture. Students can transform a thrift store find or bring in a piece from home to turn into a unique and beautiful design using Annie Sloan Chalk Paint and Waxes. Techniques covered will include various painting techniques, distressing the piece, and using both clear and dark wax to give your furniture an antiqued and well loved finish.

Slip-Casting: Make the Mold

Wednesdays, February 17—March 16 (5 weeks)

5:30-8:00 p.m., \$135.00

Instructor: *Melody Allen*

This course offers advanced students with a sound building experience the opportunity to learn the slip-casting process. Students can turn it to their advantage by making a plaster cast of one of their own pieces and making duplicates. Learn the value of exploring forms from a control piece, produce your most popular item more efficiently, or simply learn for curiosity's sake! Note this is not a clay production class. Please have a piece in mind to make and cast!

Start by Slip Casting

Wednesdays, April 6—27 (4 weeks)

5:30—8:00 p.m., \$125.00

Instructor: *Melody Allen*

Use provided plaster molds and liquid clay to create ceramic vessels and sculptures. An excellent first foray into clay, this is an opportunity for the interested student to make tried and true forms upon which to experiment with surface design and glazes. Adventurous students can learn to alter forms using tools, their hands, and even by cutting and re-assembling.

Stained Glass Panels

Saturdays, January 9—30 (4 weeks)

8:30—11:30 a.m., \$125.00

Instructor: *Susan Arbutal*

Bring a friend and come join expert, professional glass artist Susan Arbutal for a fun and exciting first step into the world of stained glass. Try out techniques and learn from the best before making the investment in supplies and tools. Susan will show you step-by-step instructions on pattern preparation, glass selection and cutting, foiling, soldering and finishing! In four weeks you will have a custom, completed 8"x 12" panel to give as a gift or display in your home! All materials are provided with class fee.

Glass on Glass Mosaics

Monday, January 11—February 1 (3 weeks)

(No Class January 18)

5:00—8:00 p.m. \$99.00

Instructor: *Susan Arbutal*

Come explore the wonderful world of glass mosaics! Students will use stained glass and mirror to create a finished piece with color, texture and bling! At the end of this class you will have an unique mosaic panel that will express your creativity and capture color and light as only glass can! All tools and materials provided. Glass cutting skills are helpful, but not required.



Mosaic Stepping Stones

Monday, March 7

5:30—8:00 p.m., \$36.00

Instructor: *Susan Arbutal*

In this class, students will use a beautiful collection of stained glass pieces to create a personal stepping stone reflecting the beauty of spring. Flowers, birds and realistic figures may all be reproduced on these stepping stones for a unique display area in your garden or front walk. This 12"X 12" square cement and stained glass piece is a perfect addition for any special outdoor space. A variety of colors will be available to choose from. Susan is a professional stained glass artist with decades of experience.

Teens and Adults Valentine Spa Day

Saturday, February 13

10:00 a.m. —12:00 noon \$50.00

Instructor: *Elise Murphy*

Join us in this morning class and learn to make three of your own Valentine-inspired spa creations! We will create a luxurious scrub, a personalized candle, and a set of relaxing bath fizzies, all with a touch of Valentine's flair on the packaging and wrapping. We do not recommend this class for students with allergies or sensitive skin. All materials are included.

Garden Art & Sculpture

Thursdays, January 7—February 11 (6 weeks)

10:00 a.m.-12:30 p.m., \$120.00

Instructor: *Annamaria Gundlach*

Master basic hand building and sculpture skills while creating masks and garden art. Annamaria has fun and easy techniques to help you learn hand building and sculpture skills. She will demonstrate and give individualized attention to each participant. You will also learn surface decorative techniques to enhance your clay creations. No experience necessary, tools, materials and firing included in workshop.

Sculpting Face and Figure

Thursdays, February 18—March 24 (6 weeks)

10:00 a.m.—12:30 p.m., \$120.00

Instructor: *Annamaria Gundlach*

This six week class will focus on the timeless practice of recreating the human figure in art! Masks, maquettes and ornamental wall hangings will be discussed as well as structural considerations and construction techniques for sculpting clay. Demonstration and personalized instruction allow all skill levels to work at their own pace and develop their own style. All pieces will be fired to cone 06. Surface enrichment techniques will be taught. Class fee includes 25 lbs. of clay, instruction, use of tools and firing fees.

Beginning Drawing

Tuesdays, March 15—April 19 (6 weeks)

10:00 a.m.—12:00 noon, \$100.00

Instructor: *Susie Holt*

This six-week class is both for the beginner and intermediate student who has had some drawing experience. We will focus on mark making by using line. With pencil and charcoal, students will use creative exercises and direct observation to break down shapes and draw what you see! This class will cover line and expressive mark-making, sketching, contour drawing, gesture, value, scale and shadowing.

Adult Watercolor

Tuesdays, April 26—May 31 (6 weeks)

10:00 a.m.—12:00 noon, \$100.00

Instructor: *Susie Holt*

An adult approach to basic glazing with color, modeling form with color, and creatively learning basic design composition will be covered. Primary colors will be used to learn principles of mixing colors. A painting should be completed by the end of this six-week session. Students should purchase their own brushes. Basic watercolors and 9" X 11" watercolor paper provided. If students desire a larger painting or better quality paints feel free to bring your own.

Acrylics and Oils Painting

Afternoon and evening classes available

Tuesdays, January 5—26

Tuesdays, February 2—23

Tuesdays, March 1—22

Tuesdays, March 29—April 19

1:00-4:00 p.m., \$99.00 (4 weeks)

Thursdays, January 7—February 4

Thursdays, February 11—March 10

Thursdays, March 17—April 14

Thursdays, April 21—May 19

5:30-7:30 p.m., \$99.00 (5 weeks)

Instructor: *Betty Fortenberry*

During this course, you will learn how to start your painting composition, different techniques, shading,

and details to complete your masterpiece. Whether you are a beginner or experienced painter you will enjoy this informative class. All students need to bring a photo or picture idea to the first class, an assortment of brushes, and a canvas of your choice. Acrylic students can bring tube or bottle acrylics if you have them. We will also provide acrylic paints.

Students taking oil painting will need to bring all supplies. If this is your first time painting in oils, call for supply list.

Under Painting Like the Dutch Masters

Tuesdays, February 23—April 12 (8 weeks)

5:30—8:00 p.m., \$140.00

Instructor: *Diann Lewis Bishop*

This workshop will introduce you to underpainting and glaze with many mediums and will incorporate color theory. The Dutch masters perfected the underpainting technique by layering their painting in neutrals then applying glazes of pure color (like stacking colored pieces of glass over a light.) You will learn layering, glazing and creating mood with color and light. Classes will include handouts and lecture materials. Material list is available upon registration.

Fabric Printing: Hand Printed Kitchen Towels

Wednesday, January 27, 5:00—8:00 p.m. \$55.00

Wednesday, February 24, 5:00—8:00 p.m. \$55.00

Instructor: *Nancy Roberson*

In this unique class, you will make your own one-of-a-kind kitchen towels. Students will carve two linoleum blocks in their own personal design to hand print four cotton flour sack towels -24x34. Versatex™ heatset inks will be used, and other wooden print design blocks will be available to augment your own personal compositions.

Traditional Soap-Making

Friday, January 15, 6:00—9:00 p.m., \$45.00

Saturday, February 27, 1:00—4:00 p.m., \$45.00

Friday, March 11, 6:00—9:00 p.m., \$45.00

Instructor: *Anne Freels*

Come and learn how to make your own natural soaps using vegetable oils, lye, essential oils and herbs. Anne will walk you through and demonstrate the process of measuring and combining oils and lye solution to create the soap base, then adding unique essential oil blends to create a fragrant and luscious soap to take home. Students will prepare their own soap molds and take soap home to cut and cure on their own. All materials will be provided.

Leather Tooled Bracelets

Wednesday, February 3, 5:30—6:30 p.m., \$29.00

Wednesday, March 30, 5:30—6:30 p.m., \$29.00

Instructor: *Melody Allen*

Stamp, cut, and carve your design into thick leather for a one-of-a-kind high-quality bracelet. Composition and finishing techniques will also be covered in this comprehensive leather workshop.

Hen Basket

Wednesday, March 2
5:00-8:00 p.m. \$50.00

Instructor: *Nancy Roberson*

Using rattan reed, in this one day workshop, students will make a traditional Appalachian Hen Basket. You will learn to weave this basket in a ribbed construction and at the end of the evening will complete a beautiful and functional work to beautify any room. Various colored dyed reeds will be available.

The Basics of Dying Silk: A Beginners Course

Saturday, April 2
9:00 a.m.—4:30 p.m., \$80.00
(Lunch break 12:00—1:30 p.m.)

Instructor: *Nancy Roberson*

Silk is a lustrous fabric that dyes brilliantly with both natural and chemical dyes. The morning session of class will focus on acid dyes. Students will learn various Shibori Resist techniques- such as Arashi (Storm) and Itajime (clamp resist)- to dye their into unique patterns. The afternoon session will focus on cold water Fiber Reactive dyes. We will directly apply dyes to the folded and manipulated silk using squeeze bottles, syringes, and foam brushes. Students will complete 8 scarves in this workshop!

Paper Mâché Sculpture: Spring Birds

Fridays, January 8—22
Tuesdays, February 2—16
Fridays, March 4—18
11:00 a.m.—1:30 p.m., \$80.00 (3 weeks)

Instructor: *Jessica Gregory*

Paper mâché has been used for centuries to create functional and art objects! It is an extremely durable and versatile medium for sculptors and hobbyists alike. This 3 week class explores sculpting with recycled materials, creating a bird that is lifelike in form then decorated to your individual taste. The class begins with creating the armature of a bird, then, students will use a traditional paper mâché method of layering saturated papers to give the birds a hard, sturdy form. The sculpture will then be sanded and primed. In the last class you will choose to either add color with acrylic paint or cover your birds in various papers to create a unique finish.



Nuno Felting

Saturdays, January 30—February 6
Saturdays, March 5—12
12:15—2:15 p.m., \$125.00

Instructor: *Cynthia Tipton*

Nuno felting is a fabric technique developed by Polly Stirling. The name is derived from the Japanese word "nuno" meaning cloth. This 2-day, introductory class will teach you how to take wool roving, silk fabric, cheese cloth and other fibers we provide and transform those materials into a beautiful scarf. Students will leave with a wet garment and the drying process can take place at home. A list of inexpensive supplementary materials and household items is available upon registration.

DANCE & FITNESS

Adults Only Ballet

(Two 8 weeks sessions)
Mondays, January 4—February 29 (No Class Jan. 18)
Mondays, March 7—April 25
7:00—8:00 p.m., \$99.00 each session

Instructor: *Sandy Larson*

Did you dance when you were young and want to again? Did you want to take ballet and never get to? It's never too late with this ballet class that focuses on strength and flexibility, core and carriage, dancing and fun in a supportive environment. Sandy has over 30 years experience as a professional dancer and teacher with certifications in yoga and Pilates and creator of adult dance performance group Sandsation Dancers.

A.M. Yoga Flow

(Two 8-week sessions)
Wednesdays, January 6—February 24
Wednesdays, March 2—April 20
8:45—9:40 a.m., \$99.00 week session

Instructor: *Sandy Larson*

Hatha yoga is a class that provides flexibility and strength with a calm mind free of tension and stress. Yoga reverses the aging process, enhances balance and revitalizes life through poses, stretches and breathing exercises. Options and modifications are shown to take medical and physical conditions into consideration. Everyone's welcome! Mats and props are provided. Sandy is a certified yoga and Pilates

Barre + Yoga

(Two 8—week sessions)
Tuesday, January 5—February 23
Tuesday, March 1—April 19
5:30-6:25 p.m., \$99.00 each session

Instructor: *Sandy Larson*

This workout incorporates weight bearing exercise, dance technique, and strength training, the best of both worlds. This sculpting and fat burning class is the newest, hottest workout. Combining BARRE and the flexi-

bility and calmness of YOGA you'll feel and see results including improvement in posture. This perfect mix of exercises will have you on your way to a new body, mind and spirit.

Relax and Restore Yoga

(Two 8—week sessions)
Thursdays, January 7—February 25
Thursdays, March 3—April 21
6:45-7:30 p.m., \$99.00

Instructor: *Sandy Larson*

Join Sandy on Thursday evenings to get a head start on your week wind-down. This gentle, restorative yoga class is appropriate for individuals of any fitness level. Rediscover calm, release tension and rejuvenate the part of your self that often gets fried by the work week! Mats and props are provided and modifications will be shown for students with varied physical abilities.

Belly Dance Basics and Conditioning

(Two 8-week sessions)
Tuesday, January 5—February 23
Tuesday, March 1—April 19
6:30-7:15 p.m., \$99.00

Instructor: *Sandy Larson*

Get fit and have fun with the ancient art of belly dance that provides a total workout for the body, mind and spirit. Belly dancing is a thorough, non-impact, fat burning workout that tones and sculpts the body and promotes a positive mental attitude. Students will learn basic belly dance technique including posture, movement isolation, travel steps, and simple combinations. No dance experience necessary.

Belly Dance Choreography

(Two 8-week sessions)
Tuesday, January 5—February 23
Tuesday, March 1—April 19
6:30-8:00 p.m., \$140.00

Instructor: *Sandy Larson*

This class is for the advanced belly dancer and has a more focused approach to technical precision. Students will learn more intense isolation drills with layering to bring body strength, coordination and endurance to the next level. Get fit and feel fabulous with the ancient art of belly dance that provides a total workout for the body, mind and spirit. Belly dancing is a thorough, non-impact, fat burning workout that tones and sculpts the body and promotes a positive mental attitude. Family friendly performance opportunities are also available. The Fantasy of Trees, Rossini Festival, and Dogwood Arts Festival are just a few of the performance opportunities available throughout the year.



CALL TO REQUEST A PARTY

BROCHURE

865-523-1401

BIRTHDAY PARTIES AGES 5-105

Basic party \$75.00 hr. / plus \$8.00 per person. Two hour minimum. For youngsters and those young at heart! For a special birthday party, invite your friends to join you at the craft center. We provide the artist/instructor and materials for a project of your choice. We decorate, clean up and make the day a special event for you and your friends to enjoy. You provide the refreshments and paper products. Please call the center several weeks in advance. Weekends and weekdays are available. For more information call 865-523-1401 and request a birthday flier.

DANCE AND FITNESS PARTIES

For a fun and uniquely different party, join us at the craft center. We offer private parties in ballet, creative movement, belly dancing, and yoga classes. Gentle yoga is also available complete with ambient decorations and soothing sounds. Following the class of your choice, join us in the general studio for refreshments and social time. Call several weeks in advance to book your group party.

Knoxville Arts and Fine Crafts Center
1127 Broadway, Suite B
Knoxville , TN 37917

